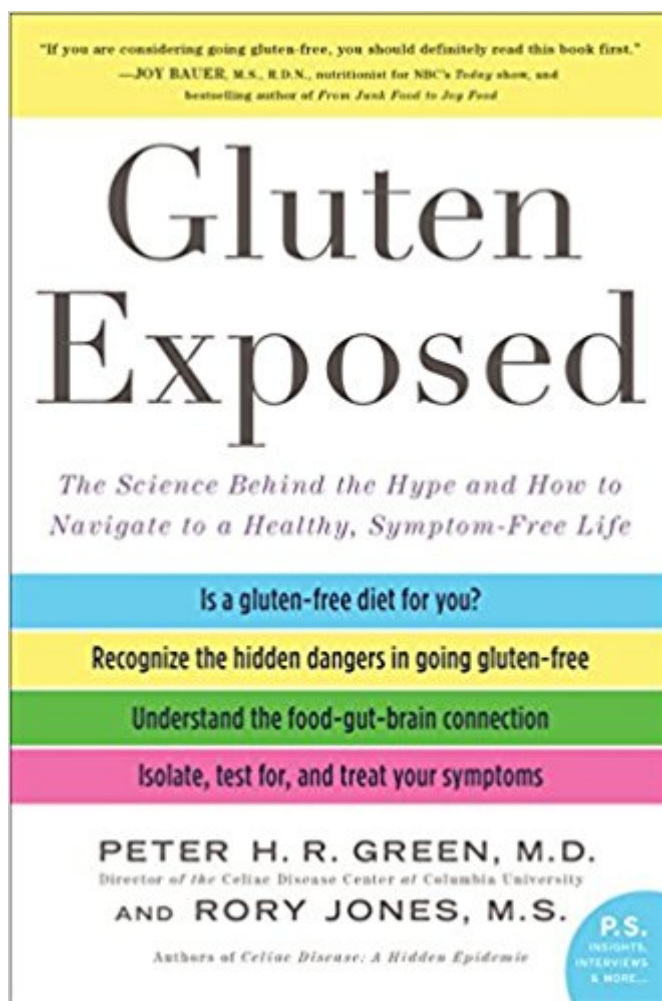


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Gluten Exposed: The Science Behind The Hype And How To Navigate To A Healthy, Symptom-Free Life



Synopsis

Gluten Exposed is the one book you should read if you are on a gluten-free diet or plan to go gluten-free. In this comprehensive guide, Dr. Peter H.R. Green, director of the Celiac Disease Center at Columbia University, and medical writer Rory Jones reveal the real scientific story behind gluten; examining the effects of gluten on your body and the many unintended consequences of removing it from your diet. This book is an essential resource for those with celiac disease, gluten sensitivity, or anyone considering a gluten-free diet. Green and Jones cut through the misinformation and false claims about gluten to provide: An in-depth, easy-to-follow examination of symptoms and conditions associated with gluten, including celiac disease, gluten sensitivity, IBS, joint pain, brain fog, autism, diabetes, fatigue, itchy skin and fibromyalgia. An explanation of the pitfalls of the gluten-free diet and how to avoid them, not available in any other resource. A close look at the drugs, supplements, and other foods causing problems often blamed on gluten alone. A guide to the key nutrients critical for heart health, microbial diversity, and body strength that are often missing from a gluten-free diet. An understanding of how your gut talks to your brain, and how everything you ingest--both food and drugs--affects your overall mood and health. A road map for how to deal with the constant stress and social constraints of the gluten-free diet. Gluten Exposed is the definitive book on gluten and offers clear, welcome guidance that can help you make better decisions about your diet and achieve a healthier, symptom-free life.

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Customer Reviews

“There’s a lot of confusion surrounding gluten – whether eliminating it can help you lose weight, clear brain fog, cure stomach issues and more. The brilliant and renowned Dr. Peter Green, and science writer Rory Jones, have cut through the confusion to provide evidence-based answers and advice you can trust. In *Gluten Exposed*, they sort through all the science to create a comprehensive guide on the subject. If you are considering going gluten-free, you should definitely read this book first.” (Joy Bauer, MS, RDN, nutritionist for NBC’s TODAY show, founder of Nourish Snacks and best-selling author of *From Junk Food to Joy Food*)

“*Gluten Exposed* will hopefully put the breaks on the worldwide epidemic of using a gluten-free diet for just about everything that ‘ails ya.’ Peter Green and Rory Jones provide a masterful in-depth summary of the pitfalls and dangers of gluten-free diets in non-celiac individuals, and at the same time describe openings for more research where it may be helpful outside of celiac disease. *Gluten Exposed* reviews a totality of gluten and celiac-related science that will enrich health care professionals and the health-minded community.” (Richard J. Deckelbaum, MD, FRCP(C), Division of Pediatric Gastroenterology, Hepatology, and Nutrition and Director, Institute of Human Nutrition, Columbia University Medical Center)

“[*Gluten Exposed*] is a model for how to communicate science to the public, an antidote to the breathless hype and simplistic headlines that too often dominate popular scientific discourse.... The book offers expert, up-to-date summaries of the scientific consensus (or lack thereof) on gluten, grains, the gut, the microbiome, and theories about how these come together in healthy and unhealthy people. (Slate)

“*Gluten Exposed* provides detailed but easy-to-read explanations of the science behind celiac disease, gluten sensitivity, and the relevance of gluten to a host of other conditions, from autism and ‘brain fog’ to diabetes and fibromyalgia. Dr. Green’s deep clinical experience comes through on every page. The book provides sensible advice to all who are concerned about the impact of gluten on their bodies. Green and Jones aren’t shy about pointing out common myths and misconceptions about gluten, and letting the reader know what is merely speculation rather than fact. The chapter on autism is a case in point. If you’re curious about all the hype around gluten, read *Gluten Exposed*.” (Paul Wang, M.D., Senior Vice President, Autism Speaks)

“Written with keen intelligence and a kind heart, *GLUTEN EXPOSED* illuminates what is known and not known, what is believed and what is doubted, what is claimed and what is disputed. It’s an essential book for those seeking not only information but wisdom about a most important and misunderstood condition.” (Jerome Groopman, M.D., Recanati Professor, Harvard Medical School, coauthor with Dr. Pamela Hartzband of *Your Medical Mind: How to Decide What is Right for You*)

“Serious and comprehensive.”

(Publishers Weekly) “In *Gluten Exposed*, Dr. Peter Green, a leader in the care of patients with celiac disease, and science writer Rory Jones, explain the illness and how ordinary people can optimize their health. This is a very useful book and fully digestible!” (Martin J. Blaser, MD, Director, NYU Human Microbiome Program, author of *Missing Microbes*) “The demonization of gluten has resulted in claims and counter-claims, profit-making by celebrities, pseudoscientists, and the food industry, and general confusion, even in the scientific community. *Gluten Exposed* provides simple and digestible understanding in this perplexing debate, helping those with an open mind to better understand the issues and make reasoned, personal decisions about their health. It will contribute significantly to community understanding of the issues around gluten and more.” (Peter Gibson, M.D., Director of Gastroenterology at the Alfred Hospital and Monash University) “Dr. Peter Green is my gluten free medical go-to. I am constantly learning and benefiting from his passion and pursuit, and we all benefit from his commitment to research when it comes to celiac disease and autoimmune connections.” (Elisabeth Hasselbeck, Bestselling author of *The G-Free Diet* and *Deliciously G-Free* and creator and founder of NoGii -- gluten-free solutions for the entire family) “Years ago, Dr. Peter Green was the pioneer who revealed the prevalence of celiac disease and the life-saving value of a gluten-free diet for its victims. In *Gluten Exposed* he uncovers the hype that now misleads so many to go gluten-free for all the wrong reasons. This urgently needed, highly accessible, solidly science-based book is a must-read for people who care about their health.” (Walter Mischel, Professor of Psychology, Columbia University, author of *The Marshmallow Test: Mastering Self-Control*)

Gluten Exposed is the one book you should read if you are on a gluten-free diet or plan to go gluten-free. In this comprehensive guide, Dr. Peter H. R. Green, director of the Celiac Disease Center at Columbia University, and medical writer Rory Jones reveal the real scientific story behind gluten; examining the effects of gluten on your body and the many unintended consequences of removing it from your diet. This book is an essential resource for those with celiac disease, gluten sensitivity, or anyone considering a gluten-free diet. Green and Jones cut through the misinformation and false claims about gluten to provide: An in-depth, easy-to-follow examination of symptoms and conditions associated with gluten, including celiac disease, gluten sensitivity, irritable bowel syndrome, joint pain, brain fog, autism, diabetes, fatigue, itchy skin, and fibromyalgia. An explanation of the pitfalls of the gluten-free diet and how to avoid them, not available in any other resource. A close look at the drugs, supplements, and other foods causing problems often blamed on gluten alone. A guide to the key nutrients critical for heart health, microbial diversity, and body strength that

are often missing from a gluten-free diet. An understanding of how your gut talks to your brain, and how everything you ingest—both food and drugs—affects your overall mood and health. A road map for how to deal with the constant stress and social constraints of the gluten-free diet. *Gluten Exposed* is the definitive book on gluten and offers clear, welcome guidance that can help you make better decisions about your diet and achieve a healthier, symptom-free life.

Gluten Exposed is more than a book on what gluten is and isn't. It is also a primer on the G.I. system and various auto immune conditions that are involved in the gut. The book explains in clear language what gluten is and who a gluten free diet helps the most. I was pleased to also learn about the G.I. system and various drugs including opiates. There are several chapters on these topics. The explanations in all the chapters makes reading this book very interesting and informative. I definitely recommend this book for those who want a clearer understanding of what gluten is and the food, gut, brain connection.

A excellent guide to the whys of Gluten. As someone with Celiac this is a must read.

Good alot of info.

This book is really informative and explains some ideas I did not know. However, from all of the research I have done (i.e. looking at studies that prove gluten can cause digestion disorders in non celiac subjects), I don't agree with the parts of the book that downplay gluten's effects on the body. Even the Medical Medium says gluten is one of the worst foods we can eat. And yes, I believe him. Still, there is other valuable information in the book, so I do recommend it.

Written in clear, concise prose, you can learn what's known, and what still is out there to be learned, about a continuum of digestive disorders ranging from celiac disease to wheat allergies and IBS. If you have gluten sensitivity, a wheat allergy or celiac disease you will learn something incredibly useful on every page to guide you through a healthier and less daunting life. For those who have a choice about whether to eat gluten, the facts are presented compellingly. You make your own decision, but are now aware of the issues and concerns of a special, restricted diet on an otherwise healthy person. The book is science, not preachiness. Facts are presented with all sides of what's known and they are carefully laid out. This book is a wonderful resource, and I recommend it wholeheartedly.

While I did not purchase this book, I did read the beginning after checking it out from my public library. Dr. Green may indeed be an expert on celiac disease and other related conditions, but he is clearly both presumptuous and ignorant about how people eat. I literally had to stop reading at p33, when Dr. Green boldly states as "The Bottom Line" that: "What we do know is that a gluten-free diet is...low in fiber..., high in sugar and fat". Give me a break, Dr. Green. How do you know what my gluten-free practice (or that of anyone else, for that matter) is made up of? I am neither vegan nor paleo, but I'll give you just a brief summary: It is mostly plant-based, light on animal protein/fat, light on grains, almost zero added sugar, and almost zero from a container with an ingredients list (including most of the junk in the G-F aisle). For those interested, I am past 50, I feel well, I weigh what I did at 21, and *all* of my blood work (including for vitamins/minerals) shows normal values; my M.D. has prescribed no meds for me. (I do take a vitamin D supplement.) To the author: Early in the book, you imply pretty strongly that, unless we have celiac disease or a diagnosed gluten sensitivity, we need to eat wheat as part of a nutritious diet. You imply that to exclude gluten necessitates replacing it "with supplements and pro-biotics" (p33). I do almost wonder if you have received some benefit from a wheat growers organization. I wonder what you would say to all the rice-based peoples of Asia who only began to consume wheat in recent decades. Must they be converted or suffer the "banquet of consequences" (p33)? I was so hopeful when I saw this title on the shelf, written by an celiac disease expert at Columbia. How disappointed I am that we now have yet another "expertly written" nutrition-science book by yet another presumptuous M.D. who wants to relegate all of us who choose from the many non-wheat food options into the "G-F Freak" category. I remain interested in the emerging research about wheat, our gut biome, and the food-gut-brain connections, but I will need to get that info from a medical author who acknowledges the *many* different G-F ways that we can eat a healthy diet.

I just finished reading *Gluten Exposed*, and found it to be another valuable resource from authors, Peter H.R. Green, MD and Rory Jones, MS. The book won me at the first quote, "The fewer the facts, the stronger the opinion." The authors kept true to presenting science based evidence throughout, which is so needed in today's environment. The authors have written an in depth book on a complex medical subject, yet it is remarkably readable and even enjoyable. *Gluten Exposed* should be on everyone's reading list who has considered a gluten free diet for themselves or for their patients.

A gluten free diet may be right for you, but you won't know it from social media or the fad-of-the-moment. I would strongly urge the reading of this book before embarking on this life altering path. I found so many of my questions answered, including some that I didn't know I had. Here's the thing: the comments are from real people experiencing problems. It's easy to find someone who is going through something similar to you. If you want to go to a doctor (and you may need to) that's fine. It's usually inconvenient and never inexpensive! If you want to know what's going on in your body, and if it's likely caused by gluten, then read the book. Green and Jones know what they're writing about.

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Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3)
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